



Lapeer County

4-H Family News

February 2021

Dear 4-H families,

As this time of year rolls around, we may find ourselves hibernating inside more, especially this year with the pandemic, but it's recommended that youth get one hour of physical activity a day, so getting your snow boots on can be a fun and healthy part of the long winter days.

From a recent [article](#) written by an MSUE Educator, Michelle Neff, the importance of getting outside as well as some fun ideas were shared. Some fun, tried and true favorites are snow angels and building a snow fort or snowman, but have you ever tried a treasure hunt in the snow (hiding a certain number of items in the snow for a fun search), "snow maze" twisty, fun path made with shovels and an imagination, or baking "snow cookies" using a baking sheet and cookie cutters and decorating with items found in nature? <https://activeforlife.com/active-games-to-play-snow/>

Another great MSUE [article](#) written by Dorothy Munn, MSUE Educator, ties winter fun with science! [Michigan State University Extension](#) recommends the first fun activity to try is making frozen bubbles. With the left over bubble solution from the summer and temperatures at 32 F, or below, will provide the perfect setting. Simply blow a bubble outside and catch it on the bubble wand. In a few short minutes you will be rewarded with a frozen bubble that resembles a crystal ball. Explore the science behind this experiment by researching how bubbles are formed with soap and water molecules and the result of low temperatures.

Another activity that involves science and art, and can be done outside, is to create snow jewels. These colorful orbs are simple to make and can add beauty to any snow covered yard. All that is needed is a few balloons, some food coloring, water and scissors. Put a few drops of food coloring inside the balloons and fill with water. Once filled with water tie the balloon closed. Place the balloon in the snow and after 4 to 6 hours the balloons will be frozen. Using the scissors remove the balloon from the frozen colorful ice ball and enjoy your new yard art.

Lastly, snow paint encourages children to use snow as their canvas while creating works of art. Simply mix Kool-Aid or a few drops of food coloring with water in a squirt bottle. Mix up a variety of colors and encourage children to paint away on your snow-covered yard. Children can create original art or add detail to a newly built snowman.

Enjoying hands on science activities is a wonderful way to spend a winter snow day! For more information about youth science activities visit the [Michigan 4-H Youth Development](#) website and the [Science Literacy](#) page.

Yours in 4-H—Kathy George, 4-H Program Coordinator

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Update on Michigan 4-H programming



A message from MSU Extension Director Jeff Dwyer and Jake DeDecker, state leader of Michigan 4-H Youth Development

To say that 2020 was difficult is an understatement. The COVID-19 pandemic and the losses and life changes that came along with it took its toll on many of us. At MSU Extension and Michigan 4-H, we felt the pain that comes with cancelling events and pivoting exclusively to online programming.

You'd be hard pressed to find anyone—inside or outside Extension—who isn't eager to get back to face-to-face programming. We understand that our Michigan 4-H families are missing incredible experiences and connections that were built through in-person gatherings and programs.

We are making plans to resume face-to-face programming, and we look forward to engaging 4-H'ers, their families and volunteers. Our staff is working diligently to chart a path toward resuming in-person programming when the threat to public health caused by COVID-19 greatly diminishes. Though it is premature to cite a specific date, we are eager to see you all at the events, club meetings, competitions and fairs we all have grown to love.

In the meantime, we are committed to bringing high-quality virtual programming to residents and communities with varying needs throughout the state. We encourage 4-H'ers and clubs to continue meeting via zoom and engage in the many virtual educational programs offered by 4-H. For more information on virtual programs and resources or help setting up 4-H club meetings, contact your 4-H program coordinator or visit MSU Extension Remote Learning and Resources web page at <https://www.canr.msu.edu/rlr/>. Thank you for all that you do. We hope to see you soon.

Coming soon: Virtual 4-H Capitol Experience Youth Summit

Save the date for the 4-H Capitol Experience Youth Summit, **March 13, 17 and 20!**

This fully virtual event will have opportunities for youth engagement, networking, sharing ideas, meeting with decision makers, learning about careers in and around policy, and learning the basics about government. Youth will select issue groups, which will become small group learning cohorts throughout the event.

Sessions will be held:

- March 13, 10 a.m.- 1 p.m.
- March 17, 4—6 p.m.
- March 20, 10 a.m.- 1 p.m.



This event is open to youth in eighth grade through age 19; registration will begin in February. The \$20 cost to attend will include a mailed conference kit to enhance the virtual experience. Scholarships are available.

4-H Reading with a Horse Program Idea!

I saw a story of youth in North Carolina being allowed to read to horses as a way of encouraging reading through a program called "[Saddle up and Read](#)". In this program, the youth are brought together to read and are also encouraged to check out library books. This was such a great program, and thought that Lapeer County 4-H could create a virtual program where we could set up a zoom meeting where a horse could be on it and a youth zooms in and reads the horse a book. I would do all of the set up and be on each zoom to manage it. I could also reach out to the local family literacy center and libraries to see if they could donate books to youth as well. You can watch the CBS story here - <https://www.cbs.com/.../north-carolina-cowgirl-uses.../>.

It would be a great community service utilizing one of our 4-H projects and all it would take is some time and families with a laptop/smart phone/internet to bring it out to the barn (or the horse closer to the house where the internet works - LOL)! Maybe that sounds easier said than done, but it would be a fun virtual opportunity for non-4-H youth in Lapeer County, especially those with limited or no access to horses. If there is some interest with our horse project families, I could also look into having other families with various livestock join, as well. I'd love to hear your feedback—feel free to email george92@msu.edu!

Cooking With Kristi

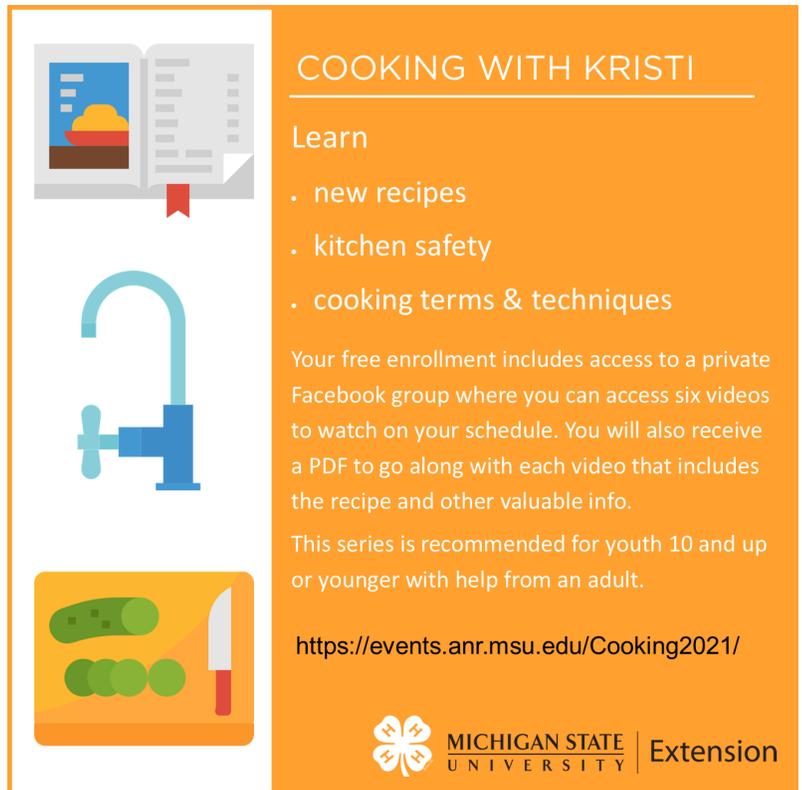
Cooking with Kristi is a six-part on-demand cooking video series. Participants will have access to the videos through a private Facebook group. Upon registration, you will receive a welcome email with a link to the Facebook group (you will need to request permission to join), PDFs of all the recipes, and links to additional videos on kitchen safety and other important topics.

The recipes included in this series are ones that youth as young as 10 years old should be able to prepare on their own after some adult instruction on knife safety. Youth under 10 years old can also make the recipes with adult assistance.

Our young cooks will:

- make some creative, tasty, and economical new foods
- learn about basic kitchen safety and sanitation
- learn a variety of cooking techniques and culinary terms

Participants will have the opportunity to show off their completed dishes within the private Facebook group and will earn a chance at winning a prize by doing so.*

A vertical promotional graphic for the 'Cooking With Kristi' video series. It features three icons: a recipe book, a kitchen faucet, and a cutting board with vegetables and a knife. The text on the right side of the graphic provides details about the series, including access to a private Facebook group, PDFs of recipes, and a list of topics to be learned. It also includes a URL for registration and the Michigan State University Extension logo.

COOKING WITH KRISTI

Learn

- new recipes
- kitchen safety
- cooking terms & techniques

Your free enrollment includes access to a private Facebook group where you can access six videos to watch on your schedule. You will also receive a PDF to go along with each video that includes the recipe and other valuable info.

This series is recommended for youth 10 and up or younger with help from an adult.

<https://events.anr.msu.edu/Cooking2021/>

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* All youth who post pictures of all six recipes by April 1, 2021 will be entered into a drawing for a prize package of fun kitchen items! Participants who confirm they have completed the survey included in the initial welcome email will get an additional entry into the drawing. There will be up to 5 winners.

Link to register: <https://events.anr.msu.edu/Cooking2021/>

Hero Time! Virtual 4-H SPIN Club!

Do you want to become a superhero!? Then join us as we discuss, create, and play games about superheroes! We will meet on Tuesdays and Thursdays beginning February 23 through March 11, on Zoom. This free club is open to youth ages 9 and up. Register here: <https://bit.ly/4-HHero>. Youth must also be enrolled in this club through 4-H Online (Club is listed under Bay County – SPIN Club: Hero Time!)



Virtual 4-H SPIN Club
Hero Time!
 Become a superhero today!

Join us as we discuss the makings of a superhero, play exciting hero-themed games, and creating our very own superheroes!

When: February 23, February 25, March 2, March 4, March 9, and March 11
 4 - 5 PM EST

We will be meeting online using the Zoom app

MUST REGISTER on 4-H Online TO GET ACCESS to club

Free and Open to youth ages 9 and Up

Please visit bit.ly/4-HHero to receive more information about this club and how to register on 4-H Online

For More Info:
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SAFE SPACE



Youth 4-H State Award Trainings

★ January, February and March 2021
 Visit the Youth Recognition website for list of dates:
<http://bit.ly/stateaward>

✿ **4-H GROWS HERE**

Michigan 4-H State Award Training— Open Office Hours

Have you ever thought about applying for a 4-H State Award but you just do not know where to start or maybe you have submitted an application in the past but you need suggestions on your cover letter or resume? Consider joining a virtual training. Each training will start at the stated time, there will be a short video played around that topic and then staff will stay on to answer specific questions. Open office hours is a time that staff will be available to answer any questions that you have regarding your 4-H State Award application. Open office hours are designed to pop in, ask a question and get an answer, you do not need to stay the whole time. Registration is required, registration will stay open through each event. You must register for each session you plan to attend, click the date below to register. Questions? Please reach out to your county 4-H Program Coordinator or Janice Zerbe, rajzerj@msu.edu, 4-H State Awards Program co-chair. For more information about 4-H State Awards visit, <http://bit.ly/stateaward>.

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| <u>February 22</u> | 4-H State Awards Resume | 7:00 p.m. |
| <u>February 24</u> | Cover Letters | 7:00 p.m. |
| <u>March 9</u> | Open Office Hour | 4:00 p.m. |
| <u>March 24</u> | Open Office Hour | 7:00 p.m. |

2021 Michigan 4-H State Championship Skillathon

What is the Skillathon? A comprehensive test of your knowledge about all things agriculture, especially livestock! Participants will complete multiple choice questions in the areas of Beef, Horses, Sheep, Swine, Dairy, Goats, Dogs, Rabbits, Poultry, and General Knowledge (Animal Care & Well-Being, Tools, Crops, Biosecurity, etc.).

Who is eligible to compete? Compete with youth from your region for prizes and the chance to advance to the State Championship on April 10th.

How old do you have to be to compete? Competition Levels include:

- Novice (Ages 8-11)
- Junior (Ages 12-14)
- Senior (Ages 15-19)
- Adult (20+)

How do you qualify for the State Championship? Contestants that finish in the top 20th percentile are eligible to compete for the State Championship title.

Is there an entry fee? There is no entry fee and all contestants will receive a Skillathon t-shirt! Register [here!](#)



The poster features a green background with a yellow border. At the top, the text '2021 SKILLATHON' is written in large, white, bold letters, followed by 'Michigan 4-H State Championship' in a smaller white font. Below this, a subtitle reads 'Test your knowledge and comprehension of animal science and livestock management practices.' The center of the poster is filled with colorful silhouettes of various farm animals: a brown cow, a white horse, a pink pig, a brown dog, a purple pig, a red pig, a yellow dog, a blue rabbit, and a brown chicken. In the bottom left corner, the Michigan State University Extension logo is displayed. In the bottom right corner, there is a white 4-H clover logo. A dark green banner at the bottom of the poster contains the text: 'Registration is Open for the Southeastern Regional - Sat. Mar. 20' and the website 'events.anr.msu.edu/skillathon/'.



The poster has a black background with a green and white diagonal stripe. It features silhouettes of four runners in white, green, and grey. The text 'CLOVER CHASERS 4-H RUNNING CLUB' is written in large, bold, white letters. Below this, it says 'FREE FOR YOUTH AGES 8-13' and 'VIRTUALLY BASED VIA ZOOM' in green. A date range 'March 8th, 2021 - April 16, 2021' is written in white. A white 4-H clover logo is on the right. At the bottom, there is a green banner with white text: 'Weekly live Zoom sessions, Goosechase challenges & a walk/run/roll 5K at the end of the six weeks!'. Below that, it says 'You'll receive a 4-H water bottle & pedometer when you sign up. There's also the opportunity to win prizes from Goosechase challenges!' and 'For more information contact: conninji@msu.edu To sign up visit the link provided in the description!'. At the very bottom, the Michigan State University Extension logo is displayed.

Clover Chasers 4-H Running Club

Do you want to learn more about fitness and running? Join the 6-week Clover Chasers 4-H Running Club! Youth ages 8-13 are invited to learn about nutrition, proper running form and hydration on Thursdays from 4:00 - 5:00p.m., March 11 through April 15. Participants will receive some 4-H swag in the mail and are encouraged to walk/run/roll a 5K to celebrate completion of the program. For more information visit: <https://bit.ly/36KnuTc>

STATEWIDE NEWS AREA

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**TIME Magazine
selects 4-H'er as
"Kid of the Year"**

TIME

Congratulations to Colorado 4-H'er Gitanjali Rao, TIME Magazine's Kid of the Year! At age 15, Gitanjali is the first 4-H'er to ever be selected for the honor.

Gitanjali earned the distinction for her efforts to address a range of major problems. Utilizing STEM, she has worked on issues that include contaminated drinking water, opioid addiction and cyberbullying. It is her belief that young innovators such as her hold the key to solving world problems.

Read more about Gitanjali's 4-H story and experiences in her interview with TIME:

<https://time.com/5916772/kid-of-the-year-2020/>.

World Food Prize Michigan Youth Institute applications due April 1

As millions across the globe deal with food insecurity, the World Food Prize Michigan Youth Institute (WFP MIYI) offers young people an opportunity to be part of the solution. On May 6, youth will join virtually to become inspired and prepared as the next generation of global leaders to end world hunger.

Attendees will have the opportunity to share their ideas related to global food security with experts and other Michigan youth while learning how university faculty and staff members, researchers and students are working to address world hunger.

To participate, youth should be in grades 7-12 and register by the April 1 deadline. As part of the reg-

istration process, youth are required to prepare a two- to five-page research paper about a developing country and how it is affected by one of 20 key factors that impact food security. At the online event, youth will present and discuss their papers with other attendees and research and industry experts. They will also participate in an interactive session with global challenge experts to learn more about topics related to global food and food security.

The top performing students at the WFP MIYI will be considered as possible delegates to attend the World Food Prize Global Youth Institute in Des Moines, Iowa, or virtually, in October. For more information, visit www.canr.msu.edu/wfpmiyi/. Registration will open on March 1; registration and papers are due by April 1.



AT MICHIGAN STATE UNIVERSITY

CALENDAR OF EVENTS

February 18: MSU Tollgate Farm Stewards Virtual Winter Series

Zoom Webinar

This youth-led series, occurring monthly, is a safe place for past, present, and future MSU Tollgate Farm stewards and stewards-in-training to connect or reunite as a community and to explore resiliency and growth as youth leaders.

www.canr.msu.edu/events/msu-tollgate-farm-stewards-virtual-winter-series-2021-feb-18

February 20: 4-H in the Kitchen Live! Baked Corndogs

Zoom Webinar

Participants will learn how to prepare a healthier version of a corndog.

www.canr.msu.edu/events/4-h-in-the-kitchen-live-baked-corndogs

For the most up-to-date events listing, go to <http://4h.msue.msu.edu/events>.